

MAHATMA GANDHI UNIVERSITY, KOTTAYAM MGU-UGP (HONOURS)
FIFTH SEMESTER EXAMINATION (2024 ADMISION ONWARDS)

Semester- 5

MG5DSEPSYA01
Culture, Health, and Healing

Duration: 2 hours

Maximum Marks: 70

Part A: Short Answer- Each carry 4 marks.
Attempt any 5 out of 7.

1. Define the cultural model of health and illness. (CO1, K)
2. Explain the concept of culture-bound syndromes and give one example. (CO1, U)
3. Explain the role of healers, rituals and symbols in indigenous healing systems. (CO2, U)
4. Explain how the therapeutic goals of balance, harmony and purification are understood in traditional healing systems. (CO2, U)
5. Evaluate one major limitation of applying a universal psychiatric diagnostic framework across culturally diverse populations. (CO3, E)
6. Identify one reason why culturally adapted interventions are important in Global Mental Health. (CO3, U)
7. Apply a culturally sensitive approach to a brief mental-health scenario in which the client's cultural beliefs influence help-seeking. (CO4, A)

Part B: Short Essays- Each carry 7 marks.
Attempt any 5 out of 7.

8. Describe how culture influences definitions of health, illness and healing. Illustrate your answer with suitable examples. (CO1, U)
9. Analyse the role of stigma and labelling in shaping experiences of mental illness across cultures. (CO2, An)
10. Analyse the psychological and social functions of rituals and symbols in any two indigenous healing systems. (CO2, An)
11. Evaluate the cross-cultural applicability of standardized psychiatric diagnostic tools. Discuss why a 'one-size-fits-all' approach may be problematic. (CO3, E)

12. Evaluate the opportunities and criticisms associated with Global Mental Health initiatives from the perspective of cultural diversity. (CO3, E)
13. Apply culturally sensitive principles to a case in which a person's understanding of distress is shaped by spiritual or traditional beliefs. Explain the steps you would take as a mental-health professional. (CO4, A)
14. Apply culturally sensitive principles to a case in which a client uses both a traditional healer and a mental-health professional. Explain how the professional could respect cultural beliefs while providing appropriate psychological care. (CO4, A)

Part C: Essays- Each carry 15 marks.

Attempt any 1 out of 2.

15. Evaluate the statement: “Mental-health diagnosis and intervention cannot be understood independently of cultural context.” In your answer, critically consider cultural models of illness, idioms of distress, cross-cultural applicability of diagnosis, Global Mental Health and culturally adapted interventions. (CO3, E)
16. Apply culturally sensitive principles to the following mental-health scenario: *A client from a community where traditional healing is commonly used seeks psychological help for persistent emotional distress. The client attributes the distress partly to spiritual and cultural factors and has already consulted a traditional healer.* Using the principles of culturally sensitive mental-health practice, explain how a mental-health professional could approach this case while respecting the client's cultural beliefs and ensuring appropriate psychological care. (CO4, A)

